



Yellow Thai Style Vegetable Curry with Roasted Broccoli and Zesty Jasmine Rice

Classic 30-35 Minutes • Medium Spice • 2 of your 5 a day • Veggie

19



Broccoli Florets



Thai Style
Spice Blend



Jasmine Rice



Bell Pepper



Lime



Yellow Thai
Style Paste



Coconut Milk



Soy Sauce



Diced Chicken
Breast

Recipe Update

Due to quality issues with **cauliflower florets**, you'll instead receive **broccoli florets**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, saucepan, lid and fine grater.

Ingredients

Ingredients	2P	3P	4P
Broccoli Florets**	200g	300g	400g
Thai Style Spice Blend 3)	1 sachet	1 sachet	2 sachets
Jasmine Rice	150g	225g	300g
Bell Pepper***	1	1	2
Lime**	½	¾	1
Yellow Thai Style Paste	45g	67g	90g
Coconut Milk	200ml	300ml	400ml
Soy Sauce 11) 13)	15ml	25ml	30ml
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be green, yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	392g	100g	522g	100g
Energy (kJ/kcal)	2283 /546	582 /139	2930 /700	561 /134
Fat (g)	21.8	5.6	24.1	4.6
Sat. Fat (g)	16.5	4.2	17.2	3.3
Carbohydrate (g)	72.7	18.5	72.8	14
Sugars (g)	6.6	1.7	6.7	1.3
Protein (g)	13.6	3.5	45.1	8.6
Salt (g)	2.53	0.65	2.73	0.52

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame **11)** Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Roast the Broccoli

Preheat your oven to 220°C/200°C fan/gas mark 7.

Halve any large **broccoli florets** and pop them onto a large baking tray. Drizzle with **oil**, season with **salt, pepper** and the **Thai style spice blend** (use less if you'd prefer things milder). Toss to coat, then spread out in a single layer.

When the oven is hot, roast on the top shelf until golden brown and tender, 15-20 mins. Turn halfway through.



Build the Flavour

Heat a drizzle of **oil** in a large saucepan on medium-high heat. Once hot, add the **bell pepper chunks** and stir-fry until beginning to soften and colour, 4-5 mins.

Stir in the **yellow Thai style paste** to coat and cook for 1 min more. Add the **coconut milk** and **water for the sauce** (see pantry for amount), stir to combine. Bring to the boil, then turn the heat to medium-low.

CUSTOM RECIPE

If you've chosen to add **chicken** to your meal, fry it with the **pepper** until golden brown all over, 5-6 mins, then continue as instructed. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



Cook the Rice

While the **broccoli** roasts, pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Simmer your Curry

Simmer the **curry** until the **veg** is tender, 4-5 mins.

Stir the **roasted broccoli** through the **curry**, then remove from the heat and stir in the **soy sauce**. Squeeze in some **lime juice**.

Taste and add more **salt, pepper** and **lime juice** if needed. Add a splash of **water** if you feel it needs it.

CUSTOM RECIPE

Simmer the **curry** until the **chicken** and **pepper** are tender, 4-5 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Prep Time

While the **rice** cooks, halve the **bell pepper** and discard the core and seeds. Chop into 2cm chunks. Zest and cut the **lime** into wedges (see ingredients for amount).



Finish and Serve

Fluff up the **rice** with a fork and stir through the **lime zest**.

Share the **zesty rice** between your bowls and top with the **Thai style curry**.

Serve any remaining **lime wedges** alongside for squeezing over.

Enjoy!